

will easily slide off without the trouble of breaking or lifting with a knife. If you get the tinner to make a sort of "hem" to the straight side and ends, by turning under the edge, it will keep the sheet from warping, or "lopping" when loaded with the dough.

Contributed Recipes

Strawberry Shortcake—Make a crust with one pint of well sifted flour, half teaspoonful of soda, teaspoonful of cream tartar (or two teaspoonfuls baking powder), salt to taste, half cup of lard or butter and one cup of sweet milk. Sift the soda and cream tartar, (or baking powder) and salt with the flour, rub the shortening and flour together, then add the milk gradually, working it with the finger-tips and when a dough is formed, put onto a well-floured board and work lightly until the dough can be rolled out about half an inch thick. Divide the dough in two parts and bake. When done, if baked in separate cakes, butter while hot, pile berries on one and cover with the other. Or, when the portions of dough or rolled, butter the top of one of them and lay the other on it and bake until done through, then pull apart and butter both cakes, pile berries on the bottom one, with plenty of sugar, and lay the other cake on top.

Canning by the Cold Process—Equal weights of freshly gathered ripe strawberries and granulated sugar, well mashed together, in a china, or earthenware vessel, and let stand over night; in the morning stir up well, fill into perfectly clean, sterilized jars, sterilize the rubbers by dipping quickly in and out of boiling hot water, scald the tops, and seal up the berries and sugar as you would can cooked fruit. Must be

air-tight. Berries put up this way retain the flavor.

Cherries or strawberries may be canned in the sun by taking equal parts of the fruit (after pitting the cherries), and granulated sugar for each kind. The fruit must be well ripened. Put the sugar and fruit together, stir and cook seven minutes, without adding any water, then lift out the fruit, spread on platters, cover with cheese cloth, wire screen, or window glass, and set in the sun for several days, taking in doors at sundown, until the syrup is thick enough, when they will keep without sealing. They keep their color and flavor. May be cooked in slow oven.

Care of the Hands

Brittle nails indicate an excess of lime in the system. Plenty of soft, pure water should be drunk and the nails soaked in warm olive oil daily; vaseline is also good to rub on nails which break easily. It should be rubbed around the base of the nail, where it grows out of the flesh. A knife should never be used around this part of the nail; any hard implement hacks the selvage and bruises the nail itself, spoiling the shape and producing white spots. Neither should a sharp knife be used under the nail, as it roughens the surface and makes it almost impossible to keep the nail clean. A safe nail bleach for discolorations may be made of citric acid (made of lemon juice), thirty grains, and one ounce of rosewater. Dilute the mixture with a little water when used. When the hands have become very much soiled, as when gardening, it is best to rub thoroughly with clean lard, or cold cream before washing them. This will soften the dirt and loosen it from the pores and when followed by a wash with soft warm water and a pure soap, the soil will come away readily. A dish containing bran, or corn meal should be kept on the stand, and the hands well rubbed with it after each washing. Careless washing, unsuitable soap, and hasty drying are causes that disfigure the hands.

Worth Knowing

Cold creams are as much needed during warm weather as in the winter, but in summer they serve a different purpose. They are cleansing and cooling, and help to preserve the freshness of the skin; in cold weather they may be left on, but for the hot months, they are used for the purpose of massage, or thorough cleansing, and are then removed. When coming in from the hot, dusty street, the cream should be used instead of water, and it is surprising how much dirt will come away with the removal of the cream with a soft cloth.

Peroxide of hydrogen will whiten the skin, but it will also dry out all the natural oils if used too freely. If used on the hair it will bleach it to a dirty yellow, and ruin its natural softness.

Helpful Items

When cooking beets, save the juice from some of the finest colored ones, and to each pint of juice add one pint of sugar and let boil until it thickens to syrup. Put into bottles for future use. A little of this syrup is fine for coloring candies, cakes and sauces.

When the rod comes out of the umbrella handle, fill the hole with powdered sulphur; heat the rod until it becomes red hot and press down into the sulphur. Set away until the rod becomes cold, and it will be as strong as new.

As soon as the round, or rocker, or arm of the chair becomes loose, get a small tin can and put into it a

small handful of dry glue, pour over it enough water to cover, and set into a larger can containing water (like a double boiler), and heat slowly until the glue in the small can is melted. Fill the hole in the chair with the glue, press the parts together, and tie strongly to keep in place. Let set away for several days, until the glue is perfectly dry and hardened. Set the glue can away to use another time.

Green or red may be "set" in garments before laundering them by soaking the goods an hour or two in two gallons of salt water into which a lump of alum the size of a walnut has been dissolved. Blue can be set by soaking the material in two gallons of soft water in which a teaspoonful of copperas and a pinch of lime have been dissolved; a tablespoonful of turpentine to a gallon of water will also set blue.

Garments that have faded, yet are still too good to throw away, can be

bleached white by soaking fifteen minutes in two gallons of soft water into which one pound of chloride of lime and a teaspoonful of sal soda have been dissolved. Rinse thoroughly and dry in the sunshine. Old coats, or cloaks can thus be bleached nearly or quite white, ready to make over into other garments.

Health Notes

The strawberry is over 90 per cent water; the banana, 75 per cent; the apple at least two-thirds water; the fig has but a small percentage of water, and ranks high in its food value. The banana is also a very valuable food.

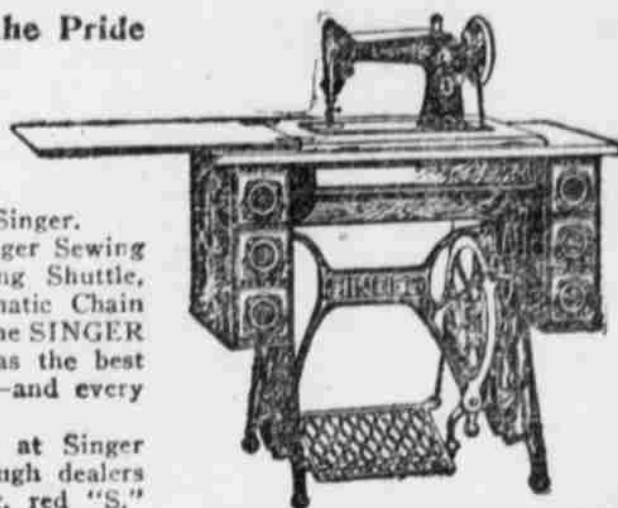
Bites of the harvest bug are most effectually remedied by benzine, which immediately kills the insect; a tiny drop of colorless iodine has the same effect; or the attack may be prevented by sprinkling a little benzine over the stockings before walking.

A "Singer" Is Always the Pride of Its Owner

The Singer Sewing Machine is recognized all over the world as the model of sewing machine perfection, and all other makes are judged by the Singer standard. That is why every woman is proud to own a Singer.

It needs no apology nor explanation. Singer Sewing Machines cover the field; either Oscillating Shuttle, Rotary Hook, Vibrating Shuttle or Automatic Chain Stitch. When a woman can point to the name SINGER on her machine her friends realize she has the best machine of its type that money can buy—and every woman knows this.

Singer Sewing Machines are sold only at Singer Shops or by Singer Salesmen—never through dealers or under other names. Look for the big, red "S."



LATEST FASHIONS FOR COMMONER READERS

9210-9233—LADIES' COSTUME

Waist, 9210, cut in sizes 34, 36, 38, 40 and 42 inches, bust measure. Skirt, 9233, cut in sizes 22, 24, 26, 28 and 30 inches, waist measure. It requires 8 yards of 27-inch material for the medium size for the entire costume, with 1 3/4 yards for the tucker. This calls for two separate patterns, which will be mailed upon receipt of 10c for each.



9211—MISSES' DRESS

Sizes 14, 15, 16, 17 and 18 years. It requires 4 1/2 yards of 44-inch material for the 15-year size.



9230—LADIES' COAT

Sizes 34, 36, 38, 40 and 42 inches, bust measure. It requires 3 1/4 yards of 44-inch material for the 36-inch size.



9241—GIRLS' DRESS

Sizes 6, 8, 10 and 12 years. It requires 2 3/4 yards of 36-inch material for the 8-year size.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns is 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of over 400 seasonable styles for ladies, misses and children, mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired.

Address THE COMMONER, Pattern Department, Lincoln, Nebraska

When the Appetite Lags

A bowl of

Post Toasties

with cream hits the right spot.

"Toasties" are thin bits of corn; fully cooked, then toasted to a crisp, golden-brown.

This food makes a fine change for spring appetites.

Sold by Grocers, and ready to serve from package instantly with cream and sugar.

"The Memory Lingers"

Made by
Postum Cereal Company, Limited
Pure Food Factories
Battle Creek, Mich.